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# Reiki Vidya Niketan

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## Happy New Year

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2012 has begun now. This year has some special significance in the mind of all those who keep tab of current happenings. The excitement, many of you may remember of when the new millennium began. Y2K was probably a bigger issue than any other problems burning under the feet of mankind that time. The hype was created across all barriers of nationalities, religions and all economic classes as if something drastic is going to happen. Well, 2012 may not have reached yet those proportions of craziness and madness though enough is being talked about this since past many years. In fact Mayan calendar is something which is a point around which all this is rotating. Apparently Mayan Calendar does not show any time measurements beyond 21st December 2012 (at least that is what is known to us). One does not know what is going to happen thereafter. Will the world vanish? Will the time dimensions change? Will those looking at calendars vanish? One does not know. May be we may not need a calendar at all. Positively speaking, the time is only a measurement which comes to your mind when you are counting the bad days. The calendar never threatened us during our Diwali and Christmas vacations. The time just flew even before we could start counting. But once the school used to start, each day we used to look to a calendar with desperation and wonder why the calendar page does not turn fast. When you are happy, when the goings are good, the last thing that you think of is a time. So let us all pray and hope that the new year bring so much happiness and joy that human life goes beyond the concept of counting, yes counting anything including the days and hours and even the currencies. Happiness and joy and bliss are anyway not measurable. We wish you all that kind of happiness and bliss during this year so that you do not have to bother about Mayan Calendar or lack of it. It is another MAYA anyway.

Seriously, there are enough scientific and not-so-scientific predictions on the issue of 2012. One spiritual view is that those on the divine path will experience the ascension of their consciousness while the others who can not keep up with the demands of changing consciousness may just vanish. There are some changes in the environmental factors as we all can see around. Predictions apart, we as a mankind is bound to expect something different this year. Let us not all be the prophets of doom but the messiahs of ascension. Let the entire mankind experience the elevation of consciousness and be a part of the universe full of abundance of health, happiness and harmony rather than that of diseases, miseries and separatedness. Let us all move over from the ignorance to wisdom, darkness to light and finally from the death to immortality. This is what Vedas pronounced eons ago. I wish you sadhaks a very happy, harmonious and healthy life this year.

Ajit Sir

## Datta Jayanti Celebrations at Devrukh



Datta Jayanti celebrations at Devrukh ashram are always special events in the history of Devrukh ashram for the past 11 years. This year's event celebrated on 8th, 9th and 10th December was no exception. In fact this proved to be one of the largest events celebrated in the ashram premises in the history of the ashram so far. More than 150 people converged from various centres besides more than 100 sadhaks from Devrukh itself. Managing so many visitors to sadhaks was a challenging task in front of the committees formed for the event. The committees came out with the flying colours, The event was managed with absolute proficiency.

The event started as usual at the early hours of 8th December (well before even the sunrise) with an invocation of Fire and all the deities. Then began Dattayaga over the next 3 days. The sankalpa this time was to offer aahutis with chanting of Hari Omn Tat Sat Jai Guru Datta mantra 1 million times. Groups of about 15 to 20 sadhaks formed teams and each team took up the task of chanting and offering aahutis for about an hour. The Dattayaga continued non-stop, day and night to finally conclude on the afternoon of 10thg December, the Datta Jayanti day.

This time ashram management also arranged the invocation of Sri Yantra by consecrating the same in Sadhana Room in the morning of 9th December.



Measurement of Energy building up with the time and intensity of the Yagna going up was a feature. The Energy meter specially designed for this purpose was used for this exercise. Kalpita and Ashwini were managing the measurements with the help of Rakesh who heads the Advanced Science Study Circles. The measured units were tabulated and are being analysed currently by the team of researchers



Besides the holy fire Guruji had designed the Yagna of wisdom for those interested by arranging lecture series on Reiki, Agnihotra, Inner Meditations and Advanced/ Ancient Knowledge study groups. This gave a chance for the group leaders to know about their tasks for the year 2012 as well as an opportunity for those who wanted their doubts cleared about the chosen topic.

## Kardalivan Yatra : Rendezvous with Swami



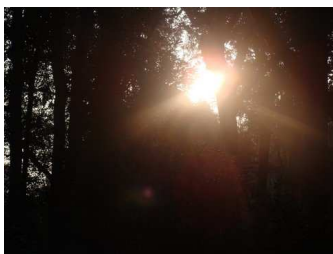
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Kardalivaan is a place where it is believed that Shri Guru Narsinh Saraswati, the third incarnation of Lord Dattatreya went to for his Samadhi in 14th Century. The same place is also worshipped by the devotees of Swami Samaarth as it is their strong belief and faith that Shri Narsinh Saraswati himself came back to life after a deep meditation for 350 to 400 years and reappeared in the form Swami Samarth. No wonder this place is considered to be a Mecca of the devotees of the Swami.

Guruji this time had planned to venture out into the deep forests of Kardalivan where not many really dare to venture. The place is situated in Andhra Pradesh and is accessible from Sri Shailam which is well known for the Mallikarjuna Jyotirlinga, one of the 12 active Lingas of Lord Shiva in the world. A group which was supposed to be as small as 10 to 12 when the trip was planned about 3 months ago, swelled to 66 by the time the group embarked on the trip. The sadhaks came from all over—Devrukh, Mumbai, Thane, Nashik, Vadodara, Ahmedabad, Rajkot, Bhiilai and even USA. In fact 10 sadhaaks who specifically came for this yatra from Chicaago was a major point of interest.



The group assembled at Hyderabad at YMCA Guest Houses by noon of 16th December and then proceeded by 3 buses to Sri Shailam— a drive of around 6 to 7 hours. It was a great gathering of sadhaks from different location, but with a single purpose and determination— no matter what happens we are going to reach the spot where Swami Samarth first appeared in the form that is known to us. The group had to halt at the guest house in Sri Shailam as it was already late in the day to go further. The group decided to have a nice rest during the night and by early morning everyone was on their toes to leave for a further journey. The entire group visited Sri Shailam



temple to seek blessings for their venture and mission. By early noon the group went to the bank of river Patalganganga (which merges with river Krishna later) to catch their boats. After about an hour or little more travel by boat the group reached the bottom of Sri Shailya mountain from where the road to Kardalivan starts. Right from the word Go, they had to encounter the steep slope giving the indication of what could be in store in hours to come. The sadhaks settled down on their mountain trek thereafter to walk for about 5 hours to reach the

Cave of Akkamadevi. This is the place where Shri Guru Narsinh Saraswati did his penance for years together. It is a deep cave large enough to accommodate about 100 pilgrims. It was an experience of kind to stay in the cave of that kind, surrounded by deep thick forest and the presence of wild animals around. No one really would forget that experience ever. The group then began their trek in the wee hours of 18th December, to search for the spot where Swami Samarth reappeared. With about 7 kms to walk through a tough terrain to negotiate, at last the sadhaaks could manage to reach there. And then that divine experience, beyond the words. As if the whole divinity, the whole sadhana has come down from that vast sky. The efforts of the past 3 days were worth. Just being there the life transformed for 66 devotees.



## Gurucharitra Sankalpa Poorti—An essence behind



Guru Charitra sankalpa is a major milestone in the spiritual life of sadhaks associated with Guruji and his movement of spreading Health, Happiness and Harmony in every Home. The sankalp began in May 2007 in Dombivali ( a small suburb of Mumbai) attained a great proportion thereafter. The sankalp was to have a series of 52 Gurucharitra reading in 52 consecutive months (4 Years and 4 Months) in 52 different homes in 4 different cities of Mumbai, Devrukh, Vadodara and Nashik. Totally 208 Gurucharitra readings were performed over 52 months. Every 12th Gurucharitra was read at a location where the events of Guru Charitra occurred. Accordingly the 12th Gurucharitra was read at Narsobachi Wadi ( the place where Shri Guru Narsimh Saraswati spent many years of his life), the 24th was read at Ganagapur (where Shri Guru created many miraculous events in his life as described in the sacred book), 36th at Akkalkot (the place where Akkalkot Swami Samarth Maharaj– the 4th incarnation of Lord Dattatreya spent many years) 48th at Girnar the place where the presence of Lord Dattatreya is still believed to be. The last i.e 52nd was performed at Devrukh the birthplace of the sankalp itself. The streams of sadhaks from the four cities converged in a large way at Devrukh on 8th December for the completion of the sankalpa which reached it's peak energy levels on that day. The idea of spreading a divine energy at various locations to create a network of energy nodes for a better human life and enhanced humanity values was the driving force behind this divine project.



The local sadhaks created a memorable scene of Girnar mountain with four idols of Lord Dattatreya atop, which was a sight to the eyes of Swami bhaktas. The ceremony was overwhelming and a fulfilling experience for all those who came with a lot of faith and love in their hearts.

## Communication skills Program at Devrukh Ashram for Sadhaks

Guruji started a new initiative for our sadhaks by holding the first Training program on Communication Skills at Devrukh ashram between 1st and 4th December 2011. The program of 16 learning hours was spread over 4 days, with 2 sessions of 2 hour each. About 35 sadhaks attended the program which was very interactive and participative in nature. The program contents included the basics of Communication including the meaning and methods of communications with a lot of practical demonstrations and hand-on experiments. Besides the basics of communication Guruji also covered topics like Mind Mapping, Transaction Analysis etc and their relevance in day to day communication. Avoiding Management of Conflicts through right communication approach was the theme.



*Grace is not something that happens sometimes and does not happen other times; grace is always happening. It is the very nature of existence. The existence is grace-full. But sometimes you get it and sometimes you miss it. The rain is falling; sometimes you are showered, sometimes not. But the rain is continuously falling, So something has to be searched within you. Sometimes you are sheltered against it. Grace is the very nature of existence. And ego is the shelter. You protect yourself, even against grace. Unknowingly, you create defense measures around you, you create an armour. The grace is available but you become unavailable -- that's why rarely it seems to happen. - Osho*

## The essence of Trimbakam Homa

Mahamrutyunjay Mantra upasana is not only to conquer over death but has to be used as a scientific approach towards the harmonized, happy and healthy life. The Chamaka section of Rudradhyay starts with this divine mantra.

ॐ त्र्यंबकं यजामहे सुगन्धिं पुष्टिवर्धनम्  
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात्

**Om Tryambakam yajamahe sugandhim pushtivardhanam  
Urva rukamiva bandhanan mrutyormukshiya mamrutat**

The literal meaning of this mantra is: Sugandhim= Fragrant (offerings to the homa) Pushti= wealth and health, Vardhanam= growing or increasing, Trimbakam= Rudra (Shiva in the form of Fire), Yajamahe = (We) offer the oblations in homa, Urvarukma Iva = Like a cucumber, Mrutyo = related to death, Bandhanat = From the bondages, Mukshiva = Free (us), Ma Amrutat = (but) do not let us go away from immortality.

Rudra is known as a deity of death. This article initiates a thought about this mantra from the dimensions of the science of Mantra, a science of divinity and a modern science.

The analysis of death:

According to a theosophical thought the death is nothing but shedding the body and taking a re-birth in a new body. At the time of death, the physical body gets separated from the astral body. The soul then leaves in Bhuvaloka (a vibrational plane called BHUVA) His life there depends on how he has lived his karmas in the Ihaloka (the plane of mortal world on the earth) and once his desire driven force is exhausted, his astral body is vanished. He then enters through his mental aura into Swa-loka (A plane of SWALOKA or Heaven) Here his divine thoughts and selflessness are enhanced during this stage. He is trained to achieve a particular status here. Thereafter even that aura diminishes and his causal body is all that remains thereafter. The causal or spiritual body of a common man is not elevated, he gets attracted to frequencies related to the planes of SWA and BHU and prepares for his re-birth on the physical plane. Hindu philosophy advocates the idea of death which is unavoidable to each and everyone, whether one is a realized soul or a common man. The efforts of the realized souls in India and Tibet have always been to avoid the premature death and not the natural death coming at a matured age. Trimbakam Mantra is one of those established practices in Indian spirituality which is focused towards the avoidance of disease and the premature death.

The process stipulates that the sadhak is supposed to perform the penance by fasting for 3 days and offer 100 oblations of rice boiled in milk to lord Shiva to achieve a long, matured life. Om, Hou, Jun, Saha, Bhuhbhuvah, Swah are the words which are used in the beginning of Trimbak Mantra followed by Swah, Bhuvah, Saha, Juanh, Hou, Om so that the mantra becomes the 50 lettered mantra.

## The essence of Trimbakam Homa (contd from page 5)

One has to make a sankalp (intention) as :

अस्य मृत्युंजय मंत्रस्य वामदेव वसिष्ठऋषयः गायत्री पंक्तीः अनुष्टुभ छंदः सदाशिव महामृत्युंजयदेवताः शक्ती श्री बीजः रोगपरि-  
हारार्थे जपमहम करिष्ये ! One is supposed to chant this for 0.1 million times and after every 10th or multiple of 10th, one has to offer oblations of Til, Bilwaleaf etc to the holy fire.

Trimbak is considered to be a frequency from which the three basic frequencies of vibrations emanate (like 3 basic colours from the white light) They may be called as a principle of self, the world and the universe (or may be three basic fires: Ahavania, Garhapatya and Dakshinagni, or even the three fundamental elements like Earth, Water and Fire) Worshipping Trimbaka means worshipping the Mother Energy (We are familiar with this term as Reiki)

Sugandhi Pushti Vardhanam: Shiva is a deity of sense of smell (whether it is fragrant or foul) Shiva is a basic energy which looks after the nutrition of the whole universe. The science of Mantra says that “Lam” regulates the sense of smell on the physical level which is a property of earth element or a Root chakra in human body. **लं पृथिव्यात्मकं गंधं** By chanting **LUM (लं)** one can activate these vibrations to heal problems like Obesity, Lethargy, Sleep disorders, Epilepsies etc. The chanting of **VUM (वं)** relates to Water element. Any diseases like cough, cold, excessive water in human body, etc can be tackled by the chanting of this mantra. **RUM (रं)** seed mantra for Solar Plexus takes care of any disorders related to heat and acidity related issues connected to digestion. HUM and YUM are related to Ether and Vayu elements respectively. Chanting of all these seed mantras when used in combination with Mahamrutyunjaya Mantra gives enhanced effects in healing the related diseases.

The essence of the Mantra is in the next few words. Urvarukamiva Bandhanant, where the prayers are directed towards the intention that let my physical existence die away like a matured fruit of Cucumber without any pain to me or the others. The two vital words here are the Gandha and Urvarik. The Gandh stands for Smell as well as Sulphur. The modern allopathic medicine knows about the importance of Sulphur as well as Cucumber (specially in the dermatological ailments). The Ayurvedic branch of medicine has already established the use of Sulphur and Cucumber. Sulphur is used in Ayurvedic medicines used for better appetite as Agnideepak), on Piles and even on most of skin disorders. The modern medicinal science may better do further research on a combination of these in times to come.

Mahashivaratri festival is now round the corner. That is a big event for all those sadhaks who participate in this penance at Devrukh ashram every year. This year the penance will start from 21st January 2012 and end on the Mahashivratri Day (20th February 2012) The rituals will start on 18th February for next 72 hours during which Mahamrutyunjaya Mantra will be chanted 100,000 times each in Havan, Abhsiheka and chanting over next 72 hours. The names of sadhaks who would participate in this penance may give their names at the ashram with Mrs Dakshaben Patel (Ashram Number 02354 241322) by 10th January 2012. The rules for the penance will be given to those registered thereafter.

# Water Therapy— some sensational revelations

(contributed by Mrs Seema Trivedi)

These are the excerpts of an interview taken by Mike Adams, The Health Ranger of Dr Batmanghelidj, the author of water for Health, For Healing, For Life. We are sure this will make a lot of things revealed to you:

*What is it about Water? How did you first become aware of these healing properties of water?*

Well. It's very bizarre. As you know, I'm a regular Doctor, an M.D. I had the honor and the privilege to be selected as one of the house doctors and I had the extreme honor of being one of the last students of Sir Alexander Fleming, the discoverer of Penicillin. I mention this name to you so that you know I was immersed in medical school and research. And some years later, I had to give two glasses of water to a person who was doubled up in abdominal pain from his disease because I had no other medication to give him at that moment. And he was in excruciating pain and water performed miraculous relief for him.—within 3 minutes his pain diminished and within eight minute it disappeared completely. Whereas as he was doubled up eight minutes before and he could not even walk, he completely recovered from that situation. And he started beaming from ear to ear, very happy, asked me what happens if the pain comes back? I said, "Well drink more water" Then I decided to instruct him to drink two glasses of water every three hours. Which he did and that was the end of his ulcer pains for the rest of the duration that he was with me.

That woke me up because in medical school I'd never heard that water could cure pain, that kind of pain in fact. And so I had the occasion to test water as a medication in subsequently over 3000 similar cases. And water proved every time to be an effective medication. I came away from that experience with the understanding that these people were all thirsty in the body can manifest itself in the form of abdominal pain to the level that the person can even become semi conscious because that is the experience I had. And water picks them up every time.

So when I came to America in 1982 I went to the University of Pennsylvania where I was invited to continue my research and did research in the pain relieving properties of water. I asked myself why does the pharmaceutical industry insist on using antihistamines for this kind of pain medication? So I started researching the role of histamine in the body and the answer was there-histamine is a neurotransmitter in charge of water regulation and the drought management programs of the body. When it manifests pain, in fact it is indicating dehydration.

So the body does manifest dehydration in the form of pain. **Now depending on where dehydration is settled you feel pain there.** Very simple. And I presented this concept at the international conference as the guest lecturer of a conference on Cancer explaining that the human body manifests dehydration by producing pain and **pain is a sign of water shortage in the body** and water shortage is actually the background to most of the health problems in our society. If you look at what the pharma industry is doing, they are producing so many different antihistamines as medication. Antidepressant drugs are antihistamines, pain medication are anti histamines, other medications are directly or indirectly antihistamines. So that is when my work was published the scientific Secretariat of the 3rd Interscience Biard Conference of Inflammation invited me to make this presentation on histamines at their conference in 1989. in Monte Carlo. And I did that so it became a regular understanding that histamine is a water regulator in the body/ **But unfortunately this information is not reaching the public through medical community**

## Why God makes you wait?

Grace is not something that happens sometimes and does not happen other times; grace is always happening. It is the very nature of existence. The existence is grace-full. But sometimes you get it and sometimes you miss it. The rain is falling; sometimes you are showered, sometimes not. But the rain is continuously falling. So something has to be searched within you. Sometimes you are sheltered against it. Grace is the very nature of existence. And ego is the shelter. You protect yourself, even against grace. Unknowingly, you create defense measures around you, you create an armour. The grace is available but you become unavailable -- that's why rarely it seems to happen. - Osho

*During our recent trip to Sri Shailam, a Mallikarjuna Jyotirlingam we had a unique situation. We were to leave for Kardalivan early in the morning. However some of us wanted to visit Sri Shailam Temple before embarking on the further yatra. However the crowd was enormous that day. There are generally two queues— one for the common and the other for those who would like to pay some fees like Rs 100 and take a pass to have a darshan by standing in another queue which is obviously shorter. Guruji has already declared that he strongly opposes the idea of buying God's darshan which is as bad an attempt to buy the God. Sadhaks traveling with him knew about that. So everyone decided not to buy those tickets and stand in a common queue. This took almost three hours to have a darshan which was for only 3 to 5 seconds. Some of the sadhaks later made remark that we wasted 3 long hours and could have gone directly without darshan to Kardalivan. Guruji reprimanded them. He said, "why do you call it a wastage of time? Truly God had a long appointment with you for 3 hours. He was talking to you, looking at you. But possibly you were not noticing that. You forgot that everything in that divine space is God's manifestation. The lingam that you saw for 3 to 5 seconds was only the core energy, ot much useful for us, commoners. Like a common user of electricity may not have to know much about power station but he/she has to be familiar with power that we use. You need relationship with that usable energy. The power stations are for those engineers who manage. God was all around you and gave you more time than those who had purchased tickets and were out of the space in may be few minutes. God spent more time with you. Unfortunately you failed to relate to God around you. You are the favorites of God. He loves you. It is like if you go to someone who loves you, he will spend more time with you but only after finishing his work with other visitors. He will dispose them off s quickly as possible so that he can spend time with leisure with you. One should always understand that. Next time you go and stand for hours inside the temple premises, remember this fact. Talk to God, listen to him. Look to him. Remember that he is not only in that small form. He is in different forms around you. The pillars, the beams.. They are all God. Understand that.*

## Reiki Seminar Schedule

Sr. No	Dates	Location	Master	Degree
1	7th & 8th Jan	Mumbai	Ajit Sir	2nd
2	7th & 8th Jan	Vadodara	Sangeetaben	1st
3	25th & 26th Jan	Ratnagiri	Ajit Sir	1st
4	28th & 29th Jan	Devrukh	Ajit Sir	2nd
5	7th & 8th Feb	Mumbai (for Yash Pharma)	Ajit Sir	1st
6	11th & 12th Feb	Mumbai	Ajit Sir	1st